PeniMaster® PRO

PMP-002

PMP-003

PMP-001

de
en
fr
it
es
pt
ru
tr

Handbuch – Gebrauchsanleitung Manual – Instructions for use
Manuel – Mode d'emploi Manuale – Istruzioni per l'uso **Manual – Instrucciones de uso** Manual – Manual de instruções **Руководство – Инструкция по применению аппарата** El kitabı – Kullanım kılavuzu

CE

LATEX

produziert unter ISO 9001:2008

DVD VIDEO

Manual

PENIMASTER® PRO

en

MSP CONCEPT GMBH & CO.KG

PeniMaster® is a registered trademark of
MSP Concept GmbH & Co. KG
Patent No. DE 10 2007 026 063
Utility model No. DE 20 2008 014 196
Utility model No. DE 20 2009 001 971
Utility model No. DE 20 2007 008 831
Utility model No. DE 20 2007 016 874
Utility model No. DE 20 2007 016 875

© Copyright 2010 MSP Concept GmbH & Co. KG
All rights reserved

Copyright

The present documentation is protected by copyright; particularly the right of reproduction and distribution, as well as translation shall remain reserved.

No part of this publication must be reproduced in any way by photocopy, microfilm, or other procedures, or be transferred into a language processible by machines, particularly data processing machines, without the written consent of the holder of the rights.

All rights of reproduction shall remain reserved.

Misapprehension and modifications to the contents, as well as modifications serving the technical progress shall remain reserved.

Preface

Thank you very much for deciding in favour of PeniMaster®PRO. The German quality product by MSP Concept will support you in improving your penis and your glans as regards to shape and function.

In combination with especially adapted generators of pulling forces on the basis of rods (item No. PMP-002) or belts (item No. PMP-003), PeniMaster®PRO is used as penis expander (also penis enlarger or penis extender). The concept of the system allows for training the penis in a varied, variable, and motivation-supporting manner. Within the framework of an elongation treatment, physiologically efficient pulling forces are transferred to the entire penis and to the glans. Similar to the concept of strength training, the aforementioned results in the present cell tissue becoming more powerful (improvement of libido and erection) and in new tissue being built in a shaping manner (elongation, thickening, and straightening of the penis).

PeniMaster®PRO provides you with the highest level of safety, comfort, and hygiene when wearing the same on the penis glans. A series of unique and innovative design characteristics allows for maximum periods of application and, thus, best treatment results. The components of the completely new developed and discreetly applicable expander system are assembled mostly manually, manufactured specifically, and concerted, and the same provide for simple handling at long lifetimes. If used properly, PeniMaster®PRO is practically no longer perceptible at rest even a short time after having been applied.

Before you start

Step-by-step to success with your PeniMaster® PRO

Please read this manual carefully before starting to use the device. The manual provides you with a detailed, step-by-step description of the assembly, operation, and cleansing procedures regarding PeniMaster® PRO and the accessories of the same. Furthermore, you will learn everything about the functional principle and the particularities of this powerful penis expander system.

Please also observe the attached DVD, if applicable, at which the same will show you how to handle your PeniMaster® PRO system by means of a short movie.

Further information, updates, as well as questions and answers on the product, on the right to return, as well as the terms and conditions of warranty can be found on the internet at

http://www.penis.de

You will find accessories, spare parts, and wear parts in the official online shop of PeniMaster® and PeniMaster® PRO at

http://www.internetzahlung.de

Table of contents

Page

Important product features ... 8
Fields of application – Overview ... 8
Known risks and side-effects ... 9
Introduction ... 10
What is PeniMaster®PRO? ... 10
Fields of application and therapy effects ... 10
Which principle is PeniMaster®PRO based on ... 12
The particularities of PeniMaster®PRO ... 12
Three physically different forces for glans fixation ... 13
1. Positive-locking fit – the trailer coupling principle ... 14
2. Adhesion – the principle of adhesive cream for false teeth ... 15
3. Vacuum that can be metered – the suction cup principle ... 16
Instructions for use PeniMaster®PRO ... 17
System overview PeniMaster®PRO (basic system) ... 18–19
Assembly PeniMaster®PRO ... 20
1. Closing the valve ... 21
2. [optional] – Inserting split adapter ... 21
3. Installing the adhesion diaphragm ... 22
4. Connecting the sluice ring and the sluice ... 22
5. Connecting the sluice to the glans chamber ... 23
Application of PeniMaster®PRO to the penis ... 24
Preparation for application ... 24
1. Distributing the adhesion liquid ... 24
2.1 Variant: application with pump ball ... 25
2.2 Variant: application with hose application system (accessories) ... 27
Cleansing the hose application system ... 29
After having inserted the glans into PeniMaster®PRO ... 29
Removing PeniMaster®PRO ... 30
Cleansing PeniMaster®PRO ... 31
1. Suitable cleansing agents and methods ... 31
2. Quick intermediate cleansing procedure ... 31
3. Cleansing once a day during application ... 32
4. Drying without disassembling the latex components ... 33
The PeniMaster®PRO belt expander system ... 34

en

Parts list and designation of parts PeniMaster®PRO belt expander system ... 36–37
Wearing variant hip belt ... 38
About this wearing variant ... 38
Preparation for application ... 38
Application as hip belt ... 39
Wearing variant shoulder belt ... 40
About this wearing variant ... 40
Preparation for application ... 40
Application as shoulder belt ... 41
Wearing variant knee belt ... 43
About this wearing variant ... 43
Preparation for application ... 43
Application as knee belt ... 44
Cleansing and maintenance ... 45
PeniMaster®PRO as axially symmetrical rod expander ... 46
Parts list/designation of parts PeniMaster®PRO rod expander system ... 47–48
Application of the rod expander ... 49
Preparation for application ... 49
1. Application as rod expander ... 49
2. Connection to PeniMaster®PRO ... 50
3. Adjustment of the pulling force ... 51
Cleansing and maintenance ... 53
Training instructions PeniMaster®PRO ... 53
Duration and frequency of application ... 54
How many hours a day should PeniMaster®PRO be worn? ... 54
What is the overall time PeniMaster®PRO should respectively can be worn? ... 54
Do interruptions of application have adverse effects on the result? ... 55
The proper pulling force; adjustment of the pulling force ... 56
The application should be comfortable at all times! ... 57
Application while sleeping ... 57
PeniMaster®PRO combined with other methods ... 58
Pills and ointments for penis enlargement ... 58
Massage techniques ... 58
Vacuum pumps/hydraulic pumps ... 59
Dietary supplements, nutrition ... 59
Imprint ... 60

Manual

Physiological penis expander system

Important product features

- physiologic-anatomic biological functional design
- supported by combined vacuum, adhesion, and positive-locking fit (!)
- optionally applicable with lubrication oil (!)
- adapts to the glans, without crushing
- for each penis size, suitable for circumcised and uncircumcised men
- protection of the foreskin and lymph
- can be worn with belt or rods
- immediately comfortable, without familiarisation
- can be worn without pump ball as well, simple handling
- easy cleansing procedure, ideal hygiene by means of latex encapsulation of the contact points

Fields of application – Overview

Plastic-cosmetic fields of application

- penis enlargement/penis elongation
- penis thickening (extension of the circumference of the penis)
- penis straightening
- enlargement and shaping of the glans (glans penis)
- general improvement of the libido

Therapeutic fields of application

- in case of Peyronie's disease, Induratio penis plastica (IPP, palpable induration within the penis)
- in case of a reactive (retracing/shortening) penis (e.g. after the prostate has been removed, in older men on the basis of decreasing sexual activity and hormonal adjustment, in case of overweight)
- in case of Ejaculatio praecox (premature ejaculation)
- to improve the erection ability and the hardness of erection

Known risks and side-effects

If PeniMaster®PRO is used properly, the mechanic principle of operation may result in an increase of the blood flow and, thus, in a slight redness of the glans, at which the latter will abate quickly after having removed the device. On the basis of the high levels of comfort, higher pulling forces than the recommended 200–1100 grams may be transferred to the glans easily. Particularly in case of the aforementioned or if higher pulling forces are applied without sufficient familiarisation, the result may be a temporary slight swelling of the glans and/or a partially whitish colouring, at which the same normally abate significantly after a few minutes already.

In case of improper application
Pulling forces exceeding the aforementioned may result in the formation of bubbles at the glans that will abate within a period of a few hours after having removed the device. Unnecessarily strong vacuum may result in the foreskin (if applicable) being sucked into the vacuum chamber at least partially and showing a swelling. All side-effects described and caused by improper application are temporary and are noticed well ahead of time by means of itching or burning reactions. Thus, the device should be removed in case of corresponding symptoms and it should only be re-applied properly in accordance with these instructions after the symptoms abated and with lower pulling forces.

When must the device not be used?
In case of venous issues or weaknesses of the connective tissue within the penis or other issues as regards to the penis or the urethra a doctor (e.g. urologist) should be consulted before application. In order to provide for the natural sensation of the body and of pain during the application, the device should not be operated in the following cases for safety purposes

- under the influence of alcohol
- under the influence of narcotics
- under the influence of sedatives
- under the influence of sleeping drugs or drugs that lower awareness of pain
- in case of allergies against latex.

Introduction

en

What is PeniMaster®PRO?
PeniMaster®PRO is an anatomically self-adapting connection to the glans of the penis. The device provides for physiologically proper fixation of the glans, in order to be able to elongate the penis in connection with pulling force generators*. The product is suitable for men of any age with circumcised and uncircumcised penis, and matches each glans and, thus, penis size.

**(as rod or belt variants from the PeniMaster®PRO programme)*

Fields of application and therapy effects
On the basis of the high level of comfort of PeniMaster®PRO the gentle elongation of the penis can be experienced safely as regards to its sexually inspiring effect directly upon application. Although the elongation is no longer noticeable consciously after a very short period of time already, the penis is constantly in the subconscious of the brain at all times by means of the aforementioned. This subliminal biological feedback loop may have extremely positive effects on the sexual basic feeling and have the man notice and experience himself as man in every situation in a conscious manner.

PeniMaster®PRO generates a positive sexual basic feeling.

Depending on the duration of application, temporary effects up to permanent results are possible:

If applied for at least thirty minutes:

- enlargement of the penis and the glans in their flaccid condition to the maximum natural dimensions of the same lasting several hours (e.g. before going to the sauna)

If applied several hours a day for a period of at least four weeks:

- enlargement of the penis and the glans in their flaccid condition to the maximum natural dimensions of the same lasting several hours
- temporary measurable and visible enlargement of the penis in its flaccid condition
- improved erection ability (potency) in case of slight erective dysfunction (erection problems)
- improvement in case of premature ejaculations (Ejaculatio praecox)
- improvement of the sexual libido

If applied several hours a day for a period of several months:

- permanent elongation, thickening, and straightening of the penis in its flaccid and erected condition
- Particularly in the early state of a forming abnormal congenital curvature (Induratio penis plastica, IPP), the increase of the curvature of the penis can be countered. An advanced IPP can be alleviated.
- compensation respectively prevention of the penis becoming shorter (retraction) upon removal of the prostate, upon operations due to scar withdrawal, in old age due to changes to the hormonal balance or reduced frequency of erections, in case of over-weight

Therapy successes depend on the duration of application.

Which principle is PeniMaster®PRO based on

A bodily part becomes bigger or changes its shape when the organism builds new body cells within the same. If the penis is to become larger, more voluminous (thicker), or straighter after having completed the natural growth process at the end of the age of 19, the tissue of the same requires long-term stimulation, which encourages further corrective cell growth.

For this, PeniMaster®PRO exposes the penis to a physical pulling force. The elongation treatment is a tonic revitalisation training for the penis tissue that is able to improve the erection ability (potency) and the libido and may be helpful from a therapeutic point of view. The principle of stimulation by means of elongating a bodily part is used within the fields of state-of-the-art orthopaedics and surgery as well. Alike the PeniMaster®PRO for the penis, specific medical expanders are used in these fields, e.g. for bone elongation.

The expansion treatment stimulates the cell tissue of the penis.

The particularities of PeniMaster®PRO

The penis is a flexible organ without any stable bone structure that has the most different sizes and consistencies (degrees of hardness) depending on the blood flow condition. This way, the penis for example often is significantly smaller in its flaccid, soft condition after having taken a bath in the cold sea, compared to the erective condition. This is also applicable to the Glans penis (glans). On the basis of the aforementioned reasons it is a very challenging task to fix (hold) the penis in a way that physiological functions such as blood flow, erection ability, or sensitivity are maintained during the period of fixation – and that the penis still does not slip out of a fixing unit if the same is pulled.

The physiologically proper fixation of the penis – a challenging task!

The design of PeniMaster®PRO takes into account the anatomic circumstances of penis and glans and uses the actually disadvantageous flexibility of the same skilfully for physiological proper, high-strength fixation. In doing so, PeniMaster®PRO is fixed exclusively to the glans as the ideal pulling position, in order to elongate the penis uniformly over its entire length. No additional parts are attached to the very penis for fixation purposes, on the basis of which for example the pubic hair would have to be removed. PeniMaster®PRO can be used immediately upon operations on the penis with the formation of scars (e.g. correction of Induratio penis plastica) and for very short penes as well.

PeniMaster®PRO considers the flexible anatomy of the penis.

PeniMaster®PRO adapts spontaneously to shape and size of the glans, independent of the erective condition of the same – and not the glans to the system: during application penis and glans may enlarge or become smaller. The fixing unit adapts to any number of erection cycles maintaining its complete functionality.

Automatic adaptation to shape and size of the glans

However, in connection with the pulling force used the anatomically shaped system also stimulates the growth and consequently a more voluminous, plastic-cosmetic advantageous shape of the Glans penis (glans).

The physically different forces for glans fixation

PeniMaster®PRO holds the glans by means of three physically different forces, the combination of which offers a maximum holding force while simultaneously conserving the tissue.

[!] Fixation techniques* based on pressing, crushing, or bracing (so-called "frictional connection") of penis and glans are not used as regards to design and concept.

**e.g. belts, slings, or anatomically not shaped vacuum fixations*

Result
PeniMaster®PRO holds the penis in elongated position in an absolutely reliable manner, even if the same can no longer be fixed and slips out on the basis of sweat, greases, or oils in conventional devices.

Holds reliably – not only on the degreased, dry penis

en

PeniMaster®PRO combines the following physical holding forces

1. Positive-locking fit – the trailer coupling principle
Positive-locking fit is the mechanically most stable and powerful physical holding force. The positive-locking fit connects bodies in an inseparable manner; the force is transferred nearly without losses: bicycle chain and geared ring, screw and nut, or hook and eyelet are connected by means of positive-locking fit. As regards to penis enlargement, the huge psychological advantage of positive-locking fit is the unique combination of maximum holding force at simultaneously minimum load for glans and penis. However, the examples mentioned above show that positive-locking fit assumes (mostly) solid bodies – at which the consistency of the penis with its flexible structure basically is opposed to this requirement.

Positive-locking fit:
maximum holding force, ideal physiological compatibility

However and on the basis of the extraordinary physical-physiological advantages, it was the ambitious objective to utilise "positive-locking fit" as essential holding force for fixing the penis when PeniMaster®PRO was developed.

With patented success
A latex diaphragm adapting automatically to the shape of the glans and having a thickness of only 0.3 millimetres coats the glans when the same is introduced into the glans chamber of PeniMaster®PRO in a practically inseparable manner – without compressing (crushing) the glans or expanding (swelling) the same by means of the vacuum. In this, the diaphragm tensioned on the basis of the vacuum maintains the shape of the glans even if pulling force is applied. The internal contour of the glans chamber is adapted to the shape of a glans and contributes to the fact that the same cannot slip out of the system. In order to further adapt the shape to the circumference of the penis, adapter rings may be inserted into the aperture area of the glans chamber, upon request. This way, the device can be adapted in the best possible manner to each man.

Unique adaptive diaphragm technology in combination with anatomic vacuum chamber

Optimisation as regards to the penis diameter by means of adapter rings

By means of the aforementioned, glans, diaphragm, and glans chamber hold each other safely with PeniMaster®PRO – alike the parts of a trailer coupling. This "positive-locking connection" is maintained by means of an adaptive diaphragm, even if the glans enlarges or is reduced in size during application – an extraordinary feature of PeniMaster®PRO. As the pulling force is distributed equally in a rectangular manner to the entire surface of the glans, the load of the tissue is at a minimum. PeniMaster®PRO can be worn without considerable application of force onto the glans.

A positive-locking fit is only possible if the penis fixation is adapted to shape and size of the glans from a design point of view.

2. Adhesion – the principle of adhesive cream for false teeth
Adhesion (adhesive force) results from the profound, anatomically shaped surface contact of diaphragm and glans in connection with contact liquid* in PeniMaster®PRO : a (separable) connection on molecular level. For example, adhesive agents fixing false teeth within the mouth area work similarly, or the adhesion of contact lenses on the eye.

**(we recommend ProMaster® Comfort & Care)*

Moist, plain glass plates placed directly on top of each other can be relocated easily as regards to their position towards each other, but can only be separated with difficulty on the basis of adhesion. With non-anatomically shaped extension devices without positive-locking fit fixing the penis or the glans with pressure forces (frictional connection), liquids reducing the friction of the penis will result in the opposite result: in this case the penis will slip out when exposed to higher pulling forces.

3. Vacuum that can be metered – the suction cup principle

The gentle vacuum in PeniMaster®PRO primarily is designed to apply the adaptive diaphragm around the glans just like a tailor-made suit in an anatomically coherent manner and, thus, to hold the same in position in a flexible and dimensionally stable manner for the transfer of the pulling force. The diaphragm buffers the vacuum required for the aforementioned within the glans chamber towards the glans tissue in a protective manner. Thanks to this vacuum having only indirect effects on the glans, bubbles, lymph swellings, or an undersupply of the tissue with oxygen (hypoxia) are prevented in an efficient manner.

Furthermore, as the glans does not have to be pressed against the internal walls of the hollow chamber by means of vacuum-based pressure in order to adhere to the same (disadvantageous frictional connection, see above) thanks to the type of force positive-locking fit (see above), the vacuum within PeniMaster®PRO ultimately is as low as possible and can be metered for each glans size. The "coarse vacuum" efficient within PeniMaster®PRO can also be re-adjusted after having applied the device to the penis at any time (i.e. increased or reduced). On the basis of the interaction with the efficient types of force "positive-locking fit" and "adhesion" (see above), a reduction of the vacuum does not result in the glans immediately slipping out of the device, thus.

Adhesion:
A force generated in PeniMaster®PRO on the basis of the profound adaptation to the shape of the glans in connection with contact liquid

Vacuum:
The force allowing for and complementing positive-locking fit and adhesion (see above) in PeniMaster®PRO

As low a vacuum as possible for a gentle treatment

Instructions for use of PeniMaster®PRO

In order to be able to use your new PeniMaster®PRO system in an ideal manner, please read the instructions for use carefully.

Depending on whether you want to use PeniMaster®PRO as rod or belt expander system, please continue to read the corresponding chapters.

Please also observe specifically marked tips.

You will find further information on the attached DVD, if applicable, or on the internet at

http://www.penis.de

More information on DVD or at ***www.penis.de***

System overview PeniMaster®PRO (basic system)

Item No. PMP-001

1 Anatomically self-adapting connection to the glans of the penis
Item No. PMP-001

1.1 Anatomic glans chamber with frenulum protection
Item No. EPMP-001
Anatomically shaped hollow chamber connecting glans and adhesion diaphragm (4) by means of a vacuum. On the basis of the inclined aperture, the sensitive frenulum (foreskin frenulum) will remain outside of the vacuum area.

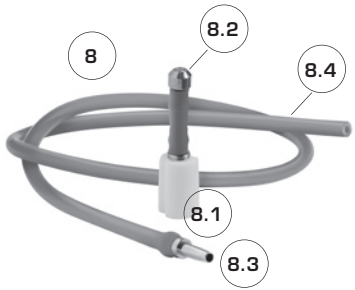
1.2 Attachment groove
To attach the latex parts (3 and 4).

1.3 Coupling head
Connects the glans chamber (1.1) to the belt or rod pulling force generator (not shown).

1.4 Valve port
(not visible)
With screw thread for standard rotary valve (6) and hose rotary valve (8.1).

2 Sluice ring
Item No. EPMP-002
For easy insertion of the glans into the sluice (3). With spacer to prevent bodily hair from being pinched.

3 Sluice made of soft latex
Item No. VPMP-001 (Set)
Prevents the penetration of air between glans and adhesion diaphragm (4).



4 **anatomically adaptive adhesion diaphragm made of soft latex**
Item No. VPMP-001 (Set)
Adapts to the shape and size of the glans in a physiologically flexible manner and transmits the pulling force to the penis.

5 **Split adapter** (two sizes)
Item No. EPMP-004
For optimised adaptation of the glans chamber (1.1) to smaller penis diameters. Released automatically when removing PeniMaster®PRO.

6 **Standard rotary valve**
Item No. EPMP-003
Impermeable to air if screwed down.

7 **Pump ball application system**
Item No. EPMP-005
For easy application of PeniMaster®PRO Generates over-pressure or vacuum. With automatic valve adapter (7.1) with closure mechanism for the glans chamber (1.1).

8 **Hose application system**
Item No. ZPMP-002
(accessories)
For the application of PeniMaster® PRO in accordance with the straw principle. With hose valve (8.1), sealing plug (8.2), hose connector (8.3), and extension hose (8.4). Fits in each pocket.

9 **ProMaster® Comfort and Care** Item No. ZPMP-001
Facilitates the application procedure, improves the wearing comfort, and maintains the latex parts (3 and 4). Forms a resistant adhesion film between latex and glans, at which the same does not soak in. Application extremely efficient. Skin compatible, not sensitising.

Assembly PeniMaster®PRO

In its delivered condition PeniMaster®PRO is ready-to-operate.

Please observe the following notes as regards to replacing or cleansing the pre-assembled parts.

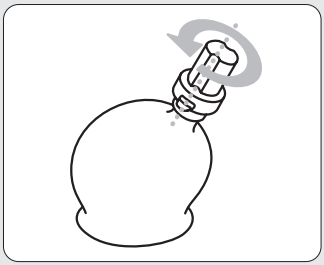
en

Completely assembled PeniMaster®PRO

Please handle carefully:
The latex parts may be damaged by fingernails!

Fingernails may cause damages to latex parts!

1. Closing the valve
Screw the valve anti-clockwise (to the left) in a downwards direction completely. The lateral grooves have to be aligned with the lamella of the stop plate.



1. Closing the valve

2. [optional] – Inserting split adapter

Note:
PeniMaster®PRO can be fixed reliably to each glans. However, adapting the aperture to the penis diameter by means of the split adapter can further increase the wearing comfort and the fixing performance, specifically in case of higher pulling forces.

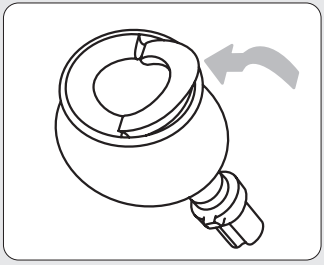
In order to select the appropriate split adapter, please protract the penis and measure the diameter of the same behind the glans.

If the penis diameter is
- more than 24 mm:
  no split adapter
- between 19–24 mm:
  narrow split adapter
- less than 19 mm:
  wide split adapter

a) Please hold the glans chamber with the aperture pointing in an upwards direction.

b) Insert the adapter half.

c) Press the second adapter half against the first one and press both in a downwards direction to engage.

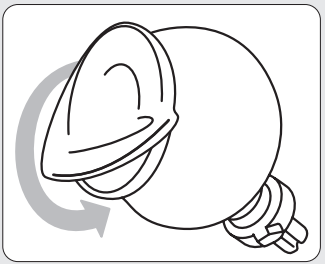


2. a-c] Optionally insert split adapter

3. Installing the adhesion diaphragm

a) Please hold the glans chamber with the aperture pointing in an upwards direction.

b) Put the adhesion diaphragm over the glans chamber by means of a rotary movement.



3. a-b] Installing the adhesion diaphragm

Note 1:
The adhesion diaphragm should be tensioned over the glans chamber with medium tension.

Note 2:
Installed split adapters are fixed by the adhesion diaphragm.

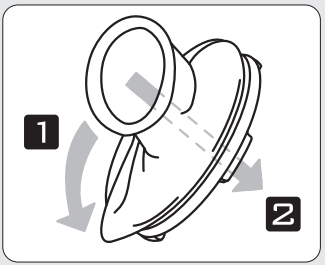
4. Connecting the sluice ring and the sluice

a) Using a rotary movement, clamp one end of the sluice into the groove of the sluice ring [1].

b) Press the other end through the sluice ring [2].

PROFESSIONAL TIP:
Protract the end of the sluice and release the same so that the end flicks through the sluice ring.

Note:
Afterwards, the free end of the sluice has to protrude at the side of the sluice ring with the four spacers.



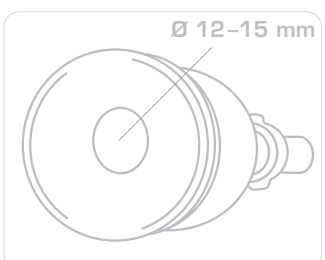
4. a-b] Connecting the sluice ring and the sluice

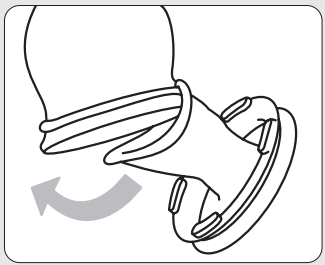
5. Connecting the sluice to the glans chamber
Using a rotary movement, put the free end of the sluice **over the bead** of the adhesion diaphragm in a **circumferential manner [!]**. When implementing the aforementioned for the first time, this will require some practice, if applicable.

Note 1:
The bead of the sluice has to be put **over (!)** the bead of the adhesion diaphragm, because this prevents the slow penetration of air into the glans chamber during application.

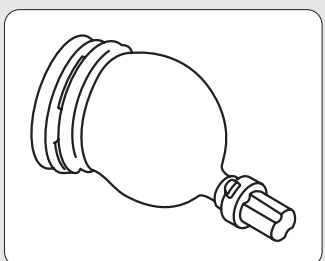
Note 2:
The sluice ring should use all four spacers and a low amount of pressure to make contact to the glans chamber. If applicable, correct position and distance of the sluice ring by using a finger to reach into the aperture of the sluice.

Note 3:
The aperture of the completely installed sluice has to be arranged in the centre and should be characterised by a diameter of approx. 12 –15 mm.





5. Put the bead of the sluice over (!) the bead of the adhesion diaphragm



Completely installed PeniMaster®PRO

Application of PeniMaster®PRO to the penis

Preparation for application

Hygiene note: cleanse and degrease the penis

Please cleanse penis and glans before each application using water and soap.

Note:

en

In order to insert the glans and to generate adhesive linkage forces we recommend using the specifically adapted comfort and care agent ProMaster® Comfort & Care (item No. ZPMP-001; covered by the scope of delivery). Alternatively, you can use lubricants (preferably with medium viscosity) on the basis of silicone.

[!] Creams and oils containing grease may cause damages to the latex.

[!] Saliva may contain infectious germs.

1. Distributing the adhesion liquid

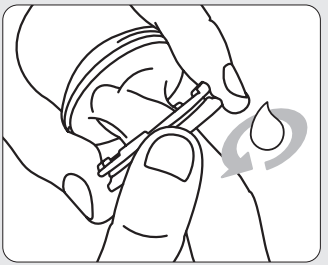
Apply some drops of a suitable adhesion liquid (see above) to the inside of the sluice and the adhesion diaphragm. For this, slightly lift the sluice ring, in order to be able to reach the entire surface of the diaphragm up to the margins with your fingertip. The insides of the latex parts are to be coated with a thin (!) film of liquid to the full extent. The places covering the attachment groove of the glans chamber have to remain dry, because the latex parts may slip off otherwise, if applicable!

Note:

The insertion procedure may be even more facilitated if you coat the glans with a low amount **[!]** of liquid (see above) as well.

Note:

With skilled users, the application procedure takes a total of approx. 30 seconds.



1. Distributing the adhesion liquid

TIP:
Bring the glans to its medium size
Stimulate the penis, in order to enlarge the glans a little bit over the flaccid condition of the same. The penis should not erect completely!

2. Application of PeniMaster®PRO to the penis

Note:
The rotary valve has to be screwed down!

2.1 Variant: application with pump ball

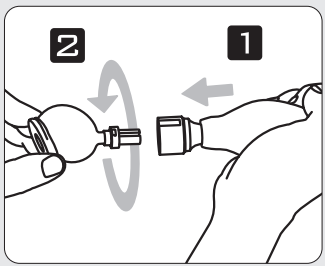
a) Hold the PeniMaster®PRO in lateral view as illustrated. Hold the pump ball with your other hand in a way that the markings of the valve adapter point in an upwards direction.

b) Compress the pump ball nearly completely.
[!] A little bit of air should still remain in the pump ball!

c) Put the valve adapter onto the rotary valve of PeniMaster®PRO [1].

d) Turn the glans chamber a quarter turn to the right in a clockwise direction [2].

e) Continue to press the pump ball, in order to arch the adhesion diaphragm slightly to the outside.

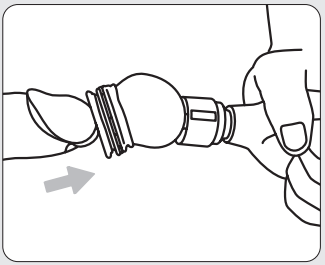


2.1 a-e) Compress the pump pass [1] and attach the same [2]

[!] For uncircumcised penis (with foreskin)
Pull back the foreskin.

f) Gently (!) press the glans into the aperture of the sluice.

g) Slowly release the pump ball and insert the glans into the glans chamber, following the suction. This will take between three and ten seconds. In doing so, no air should penetrate between glans and diaphragm, if possible. When the pump ball has reached is complete release size, please wait for a few seconds as the system will still suck air.



2. f-g) Release the pump ball, have the glans sucked in

Note:
In case the glans has not been sucked into the glans chamber completely, again pump down air (see also the following professional tip). In case the aforementioned does not help, remove the device and repeat the procedure.

h) Turn the pump ball in the opposite direction and remove the same. If the system is not permanently impermeable to air by means of the aforementioned, tighten the rotary valve somewhat more.

2. h) Remove the pump ball, tighten the rotary valve somewhat more, if applicable

PROFESSIONAL TIP:
Put on without pressure and without rotation in a loose manner only, you can also compress the pump ball on the valve – if applicable, also in preparation of re-pumping. Advantage: you can increase the vacuum without having to remove the pump ball!

Please proceed with section "After having inserted the glans into PeniMaster®PRO" on page 29.

2.2 Variant: application with hose application system (accessories)

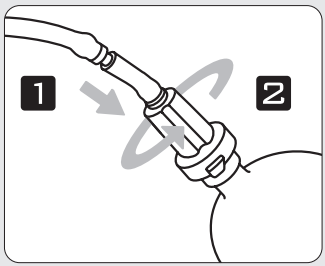
1. Preparation for application

a) Pull the closing plug from the hose valve.

b) Insert the connector of the extension hose into the hose valve [1].

c) Screw the hose valve in a downwards direction [2].

1. a) Pull off the closing plug



1. b-c) Plug the extension hose into the hose valve, screw the hose valve onto the glans chamber

2. Application with hose application system

a) Insert the extension hose into your mouth just like a straw.

b) Blow a low amount of air into the extension hose, in order to arch the adhesion diaphragm slightly to the outside.

TIP in case of problems:
If you are not able to blow-in or suck-out air, open the hose valve a few millimetres by turning the same **exactly so far** that the aforementioned is possible.

en

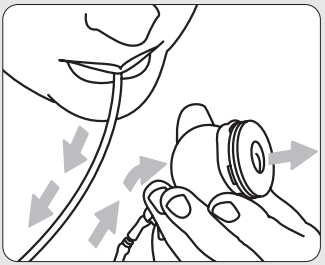
Note:
If you open the hose valve by turning the same over this point, air will penetrate the system.

[!] For uncircumcised penis (with foreskin)
Pull back the foreskin.

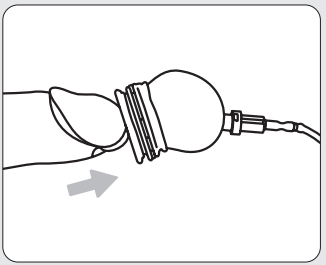
c) Gently (!) press the glans into the aperture of the sluice.

d) Suck at the extension hose slowly and powerfully several times and insert the glans completely into the glans chamber, following the suction. In doing so, no air should penetrate between glans and diaphragm, if possible.

Note:
While taking a break from breathing press your tongue against the aperture of the hose so that no air may flow back!



2. a-b) Blow in air, slightly arch the adhesion diaphragm to the outside



2. c-d) Position glans, suck off air, in this, insert the glans

e) Firmly compress the hose valve [1], disconnect the extension hose, and plug the sealing plug into the hose valve [2].

Please proceed with section "After having inserted the glans into PeniMaster®PRO" on page 29.

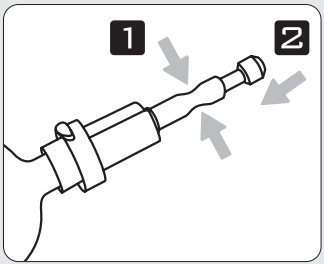
Cleansing the hose application system

If required, you can cleanse the hose using medical disinfectant or hot water and a low amount of detergent.

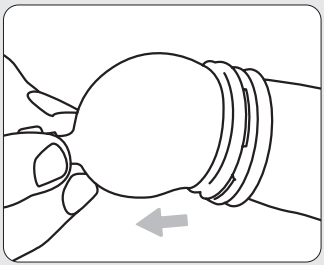
After having inserted the glans into PeniMaster®PRO

Slowly and emphatically pull the glans chamber. Possibly sucked-in air will escape with an audible, creaking sound. The glans has to remain in the glans chamber to the full extent (if applicable, lift the sluice ring for visual inspection purposes).

[!] For uncircumcised penis (with foreskin)
If the foreskin is also sucked into the glans chamber after the foreskin is released, please pull out the foreskin again. For this, shortly open the valve to the minimum extent to have some of the vacuum escape, if applicable. If the glans slips out of the glans chamber partially by means of the aforementioned, please again remove air by pumping (see page 26 respectively 28).



2. e) Compress the hose valve, pull off the extension hose, and insert the sealing plug



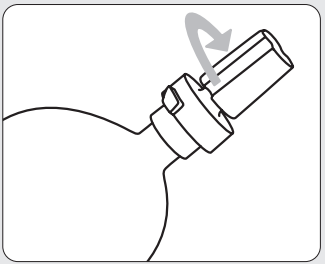
Pull slowly and check for firm seat

[!] Now you may connect PeniMaster®PRO to the belt pulling force generator (see page 34) or rod pulling force generator (see page 46).

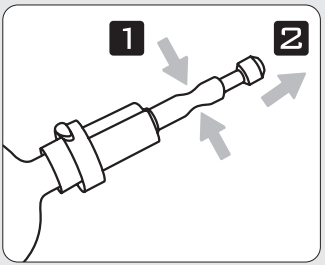
Removing PeniMaster®PRO

en

Open the valve at least one half turn. Normally, PeniMaster®PRO will self-dependently loosen from the glans in less than one minute or can be removed by exerting a low amount of pulling force.



Remov PeniMaster®PRO by opening the valve



Pull plug from hose to remove

Cleansing PeniMaster®PRO

Due to reasons of hygiene, please cleanse your PeniMaster®PRO in accordance with the following instructions.

1. Suitable cleansing agents and methods
Please use cleansing, disinfection, and care agents adjusted to PeniMaster®PRO (www.penis.de).

Please use detergent instead of soap!

Alternatively, you may cleanse latex parts using detergent and water. Please do not use any soap, household cleaners, or similar for the aforementioned, because the same may damage the latex.

As the plastic parts of PeniMaster®PRO do not make direct contact with the penis or liquids, it is sufficient to use lukewarm water and detergent to clean the same, at which all parts can also be submerged completely into the same.

Do not heat the device or parts thereof!

High temperatures (e.g. dish washers or thermal disinfection) may cause damages to the device and the components of the same. If required, please use suitable medical disinfection agents (www.penis.de).

2. Quick intermediate cleansing procedure
When interrupting the application for short periods of time (e.g. to urinate) you can wipe the moisture from the latex parts by using a paper towel.

3. Cleansing once a day during application

3.1 Cleansing by replacing the latex parts
The cleansing procedure of the system preferred in the clinical area is the complete daily replacement of all latex parts of PeniMaster®PRO, because the same make direct contact with the penis (see page 20 ff.).

en

3.2 Cleansing without disassembling the latex parts
If ProMaster® Comfort & Care (item No. ZPMP-001; covered by the scope of delivery) is handled and used carefully, you can use installed latex parts up to 10 days longer and, thus, minimise the costs of application. Please cleanse the installed latex parts as follows on a daily basis:

a) Suck off the air by means of the pump ball (see page 25) or the hose application system (see page 27) so that the diaphragm makes contact with the internal wall of the glans chamber.

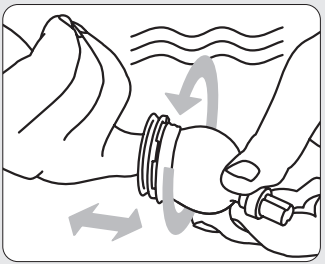
b) Fill the glans chamber with detergent and water or submerge the same completely into detergent and water.

c) Use a fingertip to wipe off the internal wall of the glans chamber several times.

d) In order to cleanse the sluice, pull back and forth the finger several times.

e) Drain the glans chamber.

f) Use clear water for rinsing purposes.



3.2 a-f) Simple cleansing with water and detergent with the diaphragm sucked in

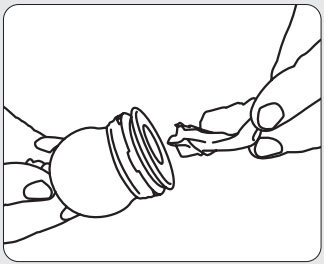
Fingernails may cause damages to latex parts!

4. Drying without disassembling the latex parts

a) Fill the glans chamber with a soft paper towel and pull out the same afterwards.

b) Open the valve to remove the tension from the adhesion diaphragm.

New PeniMaster®PRO is ready to be re-used.



4. a-b) Drying the latex parts using a soft handkerchief

The PeniMaster®PRO belt expander system

The belt system developed specifically for being used together with PeniMaster®PRO allows for versatile training of the penis tissue by elongation.

The belt pulling force generator can be worn in the most different manners, for example similar to a suspender as shoulder belt, as hip belt, or even as knee belt. Each of the techniques mentioned above has its own advantages that are described in more detail within the application. The belt expander system PeniMaster®PRO can be worn unnoticeably under the normal clothing, as hip belt even under simple knickers. The belt expander system rarely and hardly limits you during your day-to-day activities, it is even possible to implement sports activities (e.g. jogging, cycling).

The belt pulling force generator is connected to the glans by means of the fixing unit PeniMaster®PRO so that the pulling force can be transferred to the penis. The other end of the belt is either attached to the body (thigh, knee) or to the clothing (trousers) by means of using a fixing clip, depending on the desired wearing variant.

In connection with the special pulling force indicator for the PeniMaster®PRO belt expander system (availability see www.penis.de) you can check whether the pulling force normally metered by intuition corresponds to the recommended pulling force and you can check your personal training range.

Versatile training on the basis of versatile application variants

Each wearing technique has its advantages.

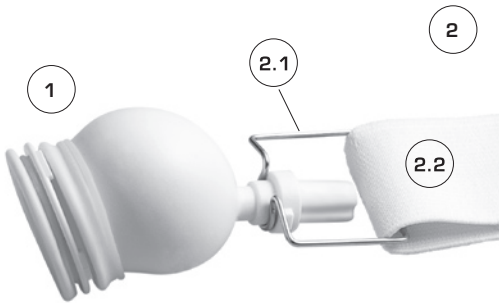
Discreet, flexible, practical

The wearing variants of PeniMaster®PRO as belt expender system: shoulder belt, hip belt, knee belt

Parts list and denomination of parts
PeniMaster®PRO belt expander system

(Art.-Nr. PMP-003)

en



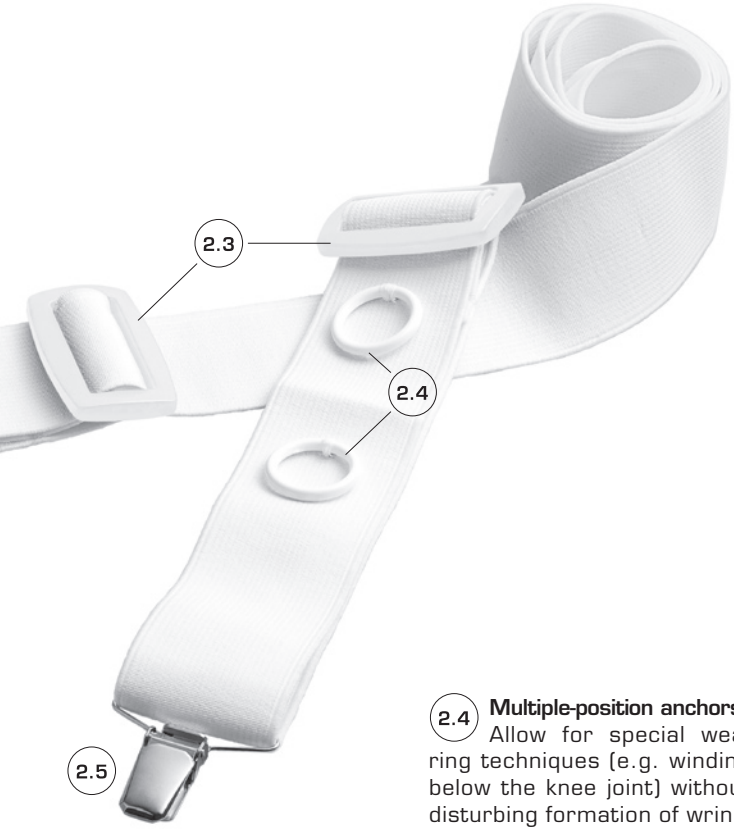
(1) **PeniMaster®PRO (basic system)**
Art.-Nr. PMP-001

(2) **Belt pulling force generator for PeniMaster® PRO system**
Art.-Nr. EPMP-007
Elongation belt to be adjusted on both sides with multiple-position anchors (2.4) and coupling socket (2.1).

(2.1) **Coupling socket**
Connects the belt to PeniMaster®PRO (1) under pulling force.

(2.2) **Tissue belt**
Eudermic, heavy-duty tissue band. Width: 5 cm; adjustable length: without pulling force 70 to 140 cm, below a pulling force of 1 kg approx. 90 to 240 cm.

(2.3) **Conductive buckles**
To adjust the length of the tissue belt (2.2) to each body height. On the basis of the two-sided design there is always an adjustment option within reach for all elongation techniques. Consisting of unbreakable and impact-proof plastic material.



2.4 Multiple-position anchors
Allow for special wearing techniques (e.g. winding below the knee joint) without disturbing formation of wrinkles of the tissue belt (2.2).

2.5 Fixing clip
Attaches the free end of the tissue belt (2.2) to the margins of the same, to the multiple-position anchors (2.4), or even to the waistband.

Wearing variant hip belt

About this wearing variant:

- Pulling force nearly equal in all body positions
- Stronger pulling force on one side of the penis
- Advantageous for corrections of curvatures of the penis to the left- or right-hand side

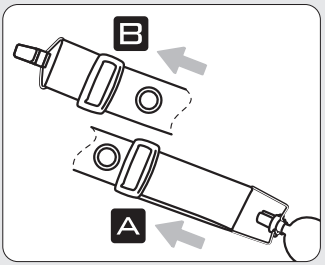
en

Preparation for application

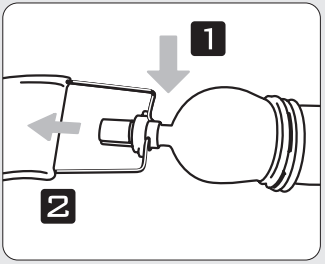
[!] PeniMaster®PRO already has to be attached to the penis (see page 20 et. seq.).

1. Position conductive buckle A immediately in front of the first multiple-position anchor and conductive buckle B approximately at the other end of the belt.

2. Press the narrow segment of the coupling head of PeniMaster®PRO into the protrusion of the coupling socket (1) and pull the belt (2). In doing so, both parts are coupled in a fixed manner.



1. Set the belt length in accordance with the girth



2. Connect belt to PeniMaster® PRO

Application as hip belt

a) Optionally, route the belt to the left- or right-hand side so that PeniMaster®PRO is located above the hip bone and you can see the glans chamber from the side.

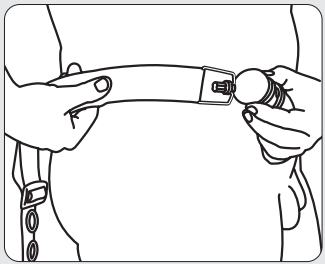
b) Route the belt around the back.

c) Wind the free end around the thigh once from the front side in the groin area.

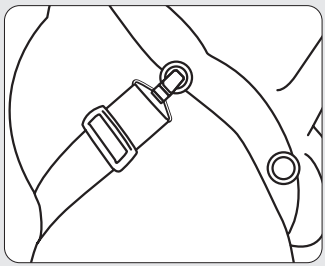
d) Attach the clip to a multiple-position anchor.

e) Use the conductive buckles to adjust the length of the belt in a way that your penis is elongated in a noticeable and comfortable manner by means of the pulling force of the belt (200–1100 grams; see page 56 et. seq.). You can also adjust the winding around the thigh as required this way.

Note:
When using this wearing variant you should change the pulling direction from day to day. If you wish to correct a curvature of the penis in one direction, you can implement the elongation exclusively in the direction opposite to the curvature (e.g. penis curvature to the left = application of the belt to the right).



a-b) Route the belt around hip and back



c-d) Wind belt around the leg and fix the same by means of a clip

e) Adjust the pulling force

Wearing variant shoulder belt

About this wearing variant

- axially symmetrical elongation in an upwards direction similar to the procedure with a rod expander
- pulling force varies depending on the position of the upper part of the body
- pulling force varies depending on the position of the upper part of the body
- If the penis protrudes over the waistband in an upwards direction, the same should be sufficient to not to inhibit the elongation procedure.
- For the purposes of privacy a shirt should be worn protruding over the trousers.

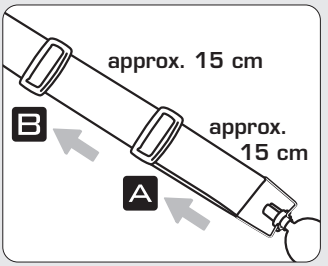
Preparation for application

[!] PeniMaster®PRO already has to be applied to the penis (see page 20 et. seq.).

Note:

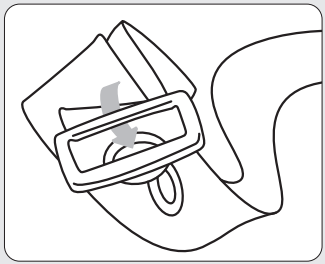
Normally, when used as a shoulder belt the belt has to be adjusted to a relative short length. The information on the adjustment of the belt length refers to a body height of approx. 175cm at a normal weight and has to be adapted individually otherwise.

For this, position conductive buckle A approx. 15 centimetres from the coupling socket and conductive buckle B another 15 centimetres from the aforementioned.



Pre-set the belt length

Note:
For this, you may route the multiple-position anchor through the conductive buckle.

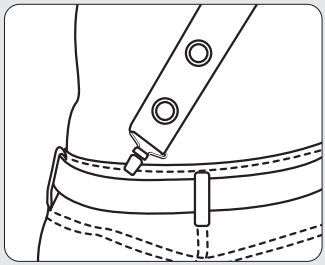


Note on the adjustment of the length: the multiple-position anchors fit through the conductive buckles!

Application as shoulder belt

a) Attach the clip of the belt to the left- or right-hand side of the rear waistband.

b) Route the free end of the belt diagonally over the shoulder (i.e. if you have attached the clip for example to the right rear side, route the belt over the right shoulder to the front).

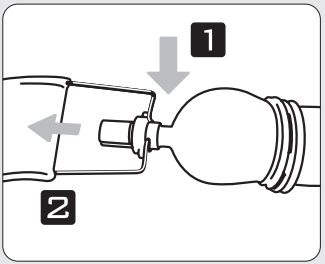


a-b) Clip the belt to the rear of the trousers and route the same to the front diagonally over the shoulder

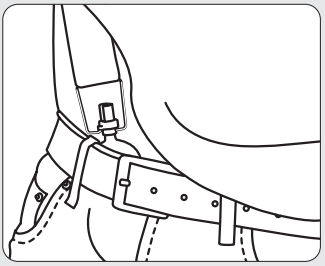
c) Press the narrow segment of the coupling head of PeniMaster®PRO into the protrusion of the coupling socket (1) and tension the belt (2). In doing so, both parts are coupled in a fixed manner.

d) Use the conductive buckles to adjust the length of the belt in a way that your penis is elongated in a noticeable and comfortable manner by means of the pulling force of the belt (200–1100 grams; see page 56 et. seq.) and cover the system by means of your shirt.

Note:
Please observe that the trousers are sufficiently loose, in order to not to pinch PeniMaster®PRO. This is particularly applicable to the waistband if your penis protrudes over the same.



c) Connect belt to PeniMaster®PRO



d) Adjust the pulling force by adjusting the length of the belt and cover the system with your shirt

Wearing variant knee belt

About this wearing variant

- axially symmetrical elongation in a downwards direction similar to the procedure with a rod expander
- pulling force varies depending on the position of the leg
- dynamic (increasing/decreasing) elongation load at every step = a good complementation of the training for elongation variants within the framework of which the pulling force remains constant over extended periods of time
- If you leave your house you should wear trousers with wide legs for this wearing variant.

Preparation for application

[!] PeniMaster®PRO already has to be applied to the penis (see page 20 et. seq.).

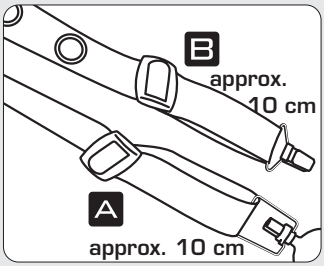
Note 1:

The information on the adjustment of the belt length refers to a body height of approx. 175cm at a normal weight and has to be adapted individually otherwise.

Note 2:

Winding the belt around the knee properly requires some practice.

1. Position conductive buckle A approx. 10 centimetres from the coupling socket and conductive buckle B another 10 centimetres from the aforementioned.



1. Pre-set the belt length

2. Press the narrow segment of the coupling head of PeniMaster®PRO into the protrusion of the coupling socket and pull the belt. In doing so, both parts are coupled in a fixed manner.

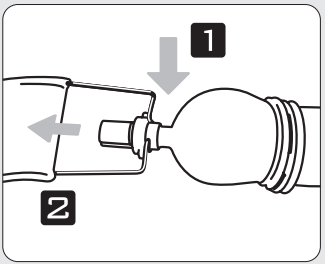
Application as knee belt

a) Position yourself on a chair so that thigh and lower leg of the desired leg form a right angle.

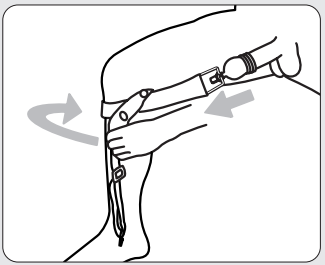
b) Starting at the front side, wind the belt one hand width below the knee cap around the lower leg exerting medium force so that the belt is directly located within the knee bend.

c) Wind the belt another turn around the leg directly below the knee cap.

d) Coming from the bottom, route the free end around the part of the belt attached to the penis once and route the same afterwards once or twice around the knee.



2. Connect the belt to PeniMaster®PRO



a-d) Wind the belt below the knee cap several times and cross the same

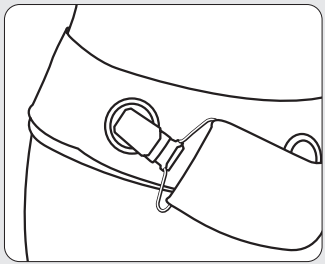
e) Attach the fixing clip to one of the multiple-position anchors, at the inside or outside of the knee, if possible.

f) Stand up.

g) Use the conductive buckle pointing towards the penis to adjust the length of the belt in a way that your penis is elongated in a noticeable and comfortable manner (200–1100 grams; see page 56 et. seq.).

Cleansing and maintenance

If required, you can wash the belt pulling force generator of PeniMaster®PRO up to a temperature of 60 degrees Celsius using the washing machine. In order to prevent the parts from catching other pieces of laundry, we recommend washing the expander belt protected by a laundry net.



e) Attach clip to multiple-position anchor

f-g) Stand up and adjust the pulling force by adjusting the length of the belt

PeniMaster®PRO as axially symmetrical rod expander

In its basic design, the rod pulling force generator of the PeniMaster®PRO system has proven its worth for many years in PeniMaster® with holding belt technology. Precise processing and innovative clip functionality provide for long-term durability, safety, and user friendliness. Glass-fibre reinforced plastic materials provide for utmost strength values. In connection with PeniMaster®PRO the rod pulling force generator allows for elongating the penis in an axially symmetrical manner without abutment far from the penis (attachment location). This means that no other bodily part or piece of clothing is required to generate the pulling force on the glans chamber and that the pulling force is nearly the same at all positions of the penis. By using the rod expander the penis can be elongated either in an upwards or a downwards direction or diagonally – and this has proven to be unobtrusive, even under normal clothing. Thus, many activities of day-to-day life can be implemented without any problems.

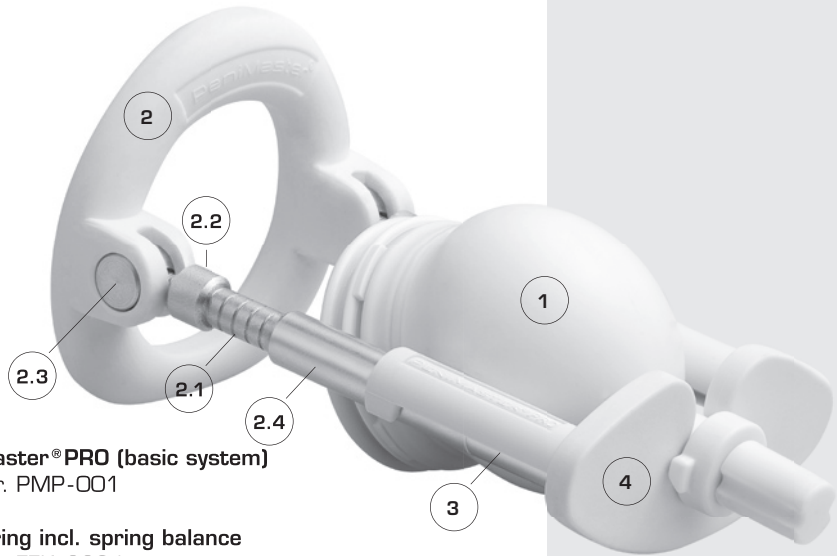
Proven rod pulling force generator

Furthermore, the rod expander allows for a unique execution of the treatment: the elongation in the physiological position of the erected penis. In this, the penis can be elongated up to the right angle away from the body, similar to the natural erection – which obviously cannot be implemented unobtrusively under the clothes and is reserved to the domestic area (e.g. lying on the back watching television). In doing so, there are no bending moments (at the penis basis) or counter pressure effects to the sides of the penis. The basic ring is used to absorb the compressive force to the pubic bone only. This axially symmetrical application exercise is ideal from a physiological point of view.

Also allows for the physiologically ideal elongation variant of the penis at right angles to the body

Parts list and denomination of the parts PeniMaster®PRO rod expander system

(Art.-Nr. PMP-002)



1 **PeniMaster®PRO (basic system)**
Art.-Nr. PMP-001

2 **Basic ring incl. spring balance**
Art.-Nr. EEK-003.i

Holds PeniMaster®PRO (1) in position in order to generate the pulling force. Anatomically shaped with flat, non-arched lower side so that the rod expander can also be worn in a diagonally upwards direction without protruding over the belt. Consisting of glass-fibre reinforced, high-strength plastic material.

2.1 Pulling force control
Displays the pulling force exerted on the penis by means of a 5-part scale up to approx. 1150 grams. Higher pulling forces are possible (not recommendable), but the same are no longer displayed on the instrument.

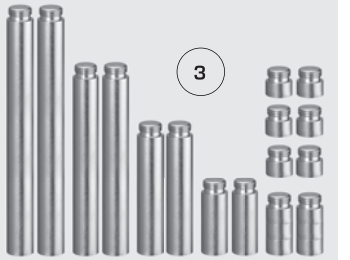
2.2 Threaded screw
For fine and re-adjustment of the rod length and of the pulling force exerted on the penis.

2.3 Rotary joints
Compact hinges swivelling 180 degrees for wearing in an upwards or downwards direction or away from the body at right angles.

2.4 Basic rods
In order to attach the coupling socket (4). Secured against being unscrewed accidentally, can be extended by means of the delivered extension rods (3).

3 Complete set extension rods
Item No. EEK-004
Pairs of rods covered by the scope of delivery of 2 cm (EEK-004-2), 4 cm (EEK-004-4), 6 cm (EEK-004-6), and 8 cm (EEK-004-8) in each case, as well as three times 0.5 cm (EEK-004-05) to adjust the length true to the millimetre to the penis up to 30 cm. Can be extended as required by means of using additional rods.

4 Coupling socket
Item No. EPMP-006
Connects the rod pulling force generator (2–4) to PeniMaster®PRO (1). Can be pressed conveniently onto the rods (2.4 respectively 3) from the top (clip function).



Application rod expander

Preparation for application
[!] PeniMaster®PRO already has to be applied to the penis (see page 20 et. seq.).

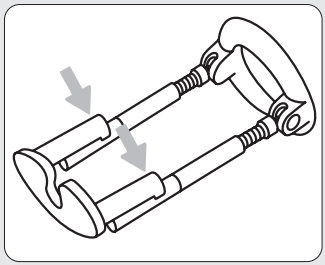
1. Application as rod expander

a) Turn the basic ring in a way that the lettering “PeniMaster” points in an upwards direction.

b) Clip the coupling socket onto the extension rods from the top.

c) Adjust the length of the rods:
Adjust the overall length of the device (corresponds approximately to the length of the penis if you protract the same, plus 1.5cm) by removing or replacing the supplied extension rods or by screwing the same into each other. The rods are characterised by lengths of 2, 4, 6, and 8 cm and can be screwed to each other in each case. The aforementioned results in the following extension lengths: +10 cm (rods 8+2), +12 cm (8+4), +14 cm (8+6), +16 cm (8+2+6), +18 cm (8+4+6), +20 cm (8+2+4+6).

[!] The six mini rods serve fine adjustment purposes of +0.5, +1.0, or +1.5 cm.



1. a-b) Turn the lettering PeniMaster to the top position, press the coupling socket onto the rods

1. c) Adjust the length of the rods: corresponds approximately to the length of the penis, if the same if protracted, plus 1.5 centimetres

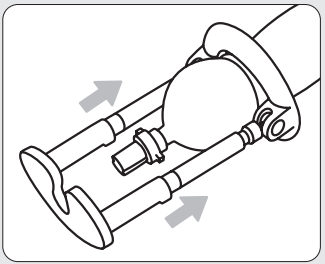
2. Connection to PeniMaster®PRO

a) Route the penis together with PeniMaster®PRO through the basic ring.

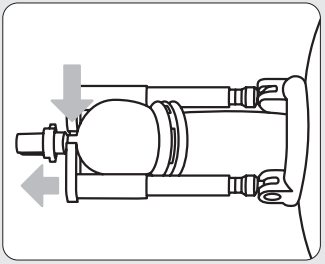
b) Press the rods in the direction of the body until the limit position of the spring balance is reached.

c) Protract the penis with the PeniMaster®PRO using medium force.

d) Press the narrow segment of the coupling head into the protrusion of the coupling socket and release the same. This way, both parts are coupled.



2. a-c) Press in the pre-set rods



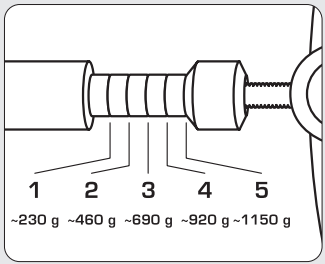
2. d) Clip in PeniMaster®PRO from the top and release rods

3. Adjustment of the pulling force
Example for reading the spring balance: if the device for example deflects so far upon application that that you can only see 3 of the 5 markings, the adjusted pulling force is between 460 and 690 grams. If you can only read the last marking, the pulling force is between 920 and 1150 grams.

In order to increase the elongation of the penis, please turn both setscrews equally to the right in a clockwise direction. This increases the overall length of the device. In order to reduce the pulling force, turn the setscrews into the opposite direction (to the left in an anti-clockwise direction).

Note 1:
The threaded screws must only be unscrewed if the penis is already elongated by having selected the proper rod length (see page 49). Otherwise, no or only insufficient pulling force can be generated!

Note 2:
Normally, the pulling force is reduced automatically by a low extent when the rod expander is folded upwards or downwards from the horizontal position.



3. Adjust the pulling force to between 200 and 1150 grams

Note 3:
If the penis elongates again at a certain time after the application (normally after 10–20 minutes) and if the pulling force is reduced by the aforementioned, please re-adjust the same by means of the threaded screws of the basic ring!

TIP:
Skilled users adjust the rod length in a way that the spring balance only shows one to two markings or that the same is pressed-in nearly completely, if possible, directly after the device has been applied. After a period of approx. 10–20 minutes the penis is already elongated to some extent so that the reduced pulling force can now be increased by using the threaded screws of the basic ring (see page 51).

Cleansing and maintenance

Simple cleansing of the rod expander, because the same does not rust

You can degrease and cleanse your rod expander by using lukewarm water and soap or detergent or by using commercial household cleaners (e.g. glass cleaning agent). The metal parts are chrome-plated respectively gold-plated (depending on the corresponding model) and, thus, the same do not rust.

Training instructions PeniMaster®PRO

Note:
Before starting to use the device please read section **"Known risks and side-effects"** on page 9 as well as **"When must the device not be used?"** on page 9.

On the basis of the high levels of comfort, users mostly perceive the procedure of training the penis tissue with PeniMaster®PRO as being very convenient and stimulating. Already after very short periods of time the familiarisation with the device in day-to-day life can be so good that men even feel half naked without PeniMaster®PRO. This has positive effects on training the penis in a correct and successful manner by means of elongation.

Duration and frequency of application

How many hours a day should PeniMaster®PRO be worn?
There is a simple rule of thumb: The longer and more frequently you stimulate the penis tissue with moderate pulling force by means of PeniMaster®PRO, the better the results will be (as regards to the aforementioned, please also read the chapter "Fields of application and therapy effects" on page 10).

Thus, your objective should be to train your penis for at least three hours a day using PeniMaster®PRO, at which the wearing phases in each case should be at least 30 minutes and three hours at the most.

Eight to twelve hours of daily application are ideal within the meaning of the achievable result. After three hours at the latest a regeneration break of half an hour is recommendable. Longer wearing times without interruptions, e.g. during the night time, are possible. However, as with any other physiological training, it can also be assumed as regards to the penis that alternating breaks and training phases will result in better results than a monotonous permanent load.

What is the overall time PeniMaster®PRO should respectively can be worn?
If you aim at achieving a permanent elongation of the penis, you should implement the training over a period of six months or longer, if possible. Already after a period of a few weeks you will notice the penis becoming longer respectively thicker. However, these results are decisively based on the stretching effects

Note:
It is better to train longer with less pulling force than to train a short period of time only with high pulling force!

Training goal:
at least three, ideally eight to twelve hours a day

Short periods of application will result in temporary stretching effects, permanent results are achieved after a couple of months.

of the tissue and presumably will reduce continuously after the application phase has been terminated.

As every human being is individually different and as every body reacts differently to a stimulation therapy, it is not possible to predict accurately how long the period of application as regards to permanent modifications to the penis (elongation, thickening, straightening) is in the individual case. The same holds true for the achievable individual results. This is particularly applicable to the treatment of Peyronie's disease, Induratio penis plastica.

However, results achieved after a period of one to three months will be maintained permanently. Whether further results can be achieved for example even after one year or even longer application, is different from man to man. However, the quickest increases can be expected for the first half year of intensive application. Irrespective of the aforementioned, you can use PeniMaster®PRO as long as you wish to.

Do interruptions of application have adverse effects on the result?

Interruptions may have positive effects on the therapy result.

Therapy effects achieved within the framework of short periods of application are temporary and degenerate completely in case of corresponding long interruptions of training, if applicable (see "Fields of application and therapy effects" on page 10 et. seq.).

Therapy effects achieved on the basis of long-term training will be maintained even after an interruption of application. Thus, you should aim at using the device for several months, the results of which can even be improved on the basis of interruptions of several days.

The proper pulling force

During application you should achieve a pulling force of 200 up to a maximum of 1100 grams for at least one hour without any problems or inconvenient sensations. Afterwards, you can increase the pulling force until reaching your personnel maximum value, at which you can permanently use the device up to three hours without any problems. Values between 280 and 400 grams are already good values for permanent training. Even if the penis is thinner than usual in its elongated condition in doing so, the treatment will not only result in the penis becoming longer, but in the same becoming thicker as well, because the growth of new cell tissue is stimulated.

Note:
During elongation treatment the penis looks relatively thin. However, the treatment will also result in an increase of the penis circumference (the penis will become longer and thicker).

Adjustment of the pulling force

When using the rod expander the installed spring balance respectively when using the belt expander the optional spring balance (time of availability see www.penis.de) will support you in checking your individually determined pulling load to the penis in an objective manner and in using the same in a reproducible manner. Basically, the penis should be noticeably tightened and be under tension, without the same resulting in any pain. This way, you can adjust the pulling force intuitively to the proper value without having to use any pulling force indicator.*

Note:
**Please also observe the following texts as regards to the adjustment of the pulling force.*

Note:
The PeniMaster®PRO system is able to apply pulling forces to the penis significantly exceeding the recommended values and the range of indication of the spring balance. However, such high pulling forces do not necessarily have any positive effects on the result.

Wearing the device should always be comfortable!

It is important that you perceive the application as being comfortable at all times. If you feel any pain or experience any other undesired side-effects, the same can be attributed to misuse or overload. In these cases please stop using the device and wait until the symptoms have abated (see "Known risks and side-effects" on page 9). Afterwards, continue to train at a lower pulling force and get used to higher loads slowly.

Wearing the device should always be comfortable – otherwise, a misuse occurred in most cases!

Wearing the device while sleeping

Although regular breaks at the latest every three hours (see page 54) are advantageous for training the penis from a physiological point of view, you can use PeniMaster®PRO for extended periods of time as well, for example while you are sleeping. Please familiarise with the way the device is handled and with the pulling forces suitable for your individual case before. You should also test the planned period of application during your sleep using the desired pulling force several times during the day.

PeniMaster®PRO combined with other methods

The desire to accelerate or improve the achievable results of an elongation treatment of the penis by implementing accompanying measures is understandable.

An assessment of the options for the aforementioned:

Pills and ointments for penis enlargement
The fact that there are no efficient pills or ointments resulting in the penis growing or even in the rectification of a curvature has been proven. Medically efficient growth hormones have no effects whatsoever on the corpus cavernosum of the penis after the natural bodily growth has been completed, but on the musculature. To the contrary, men trying to increase their muscular mass by using anabolic agents often suffer from the penis becoming smaller. Preparations that are only available on prescription and having effects as potency boosters in case of erectile dysfunctions do not result in the penis becoming larger within the meaning of a growth procedure exceeding the specified dimensions either.

Massage techniques
Implementing massage techniques or corresponding exercises alone will not result in the penis becoming larger. In order to stimulate cell growth within the penis, the same has to be stimulated for significantly longer periods of time than is possible by means of a massage. Thus, PeniMaster®PRO should be worn several hours a day in order to achieve visible permanent results. However, massages have positive effects on the blood flow

PeniMaster®PRO alone is sufficient. Additional measures only rarely make sense and are unnecessary as well.

within the penis, which may have positive effects on the erection ability. Therefore, supporting the application of PeniMaster®PRO massages are recommendable – the same is applicable to active sexual activities, without which the penis may also retract (shrink) on the basis of a lack of long-term intensive blood flow.

Vacuum pumps/hydraulic pumps
Vacuum pumps cannot be overused (several hours) per training phase, in order to exert a growth pulse on the penis. However, using vacuum pumps additionally within the framework of an elongation treatment may be advantageous as regards to supporting the formation of cells within the penis by means of intensive blood flow and, thus, oxygen supply. The potency supporting effects can also be increased by means of the double treatment. Thus, using a pump additionally once a day for a few minutes is recommendable.

Dietary supplements, nutrition
A well-balanced diet and sufficient exercise respectively sports increase the physical wellbeing and support both libido and potency. Unless they result in a diagnosable malnutrition, dietary supplements, vitamin preparations, mineral complexes, etc. basically are unnecessary respectively redundant for the body and the physiological functions of the same. The result of the treatment of the penis with PeniMaster®PRO cannot be influenced in a visible manner by any means.

Imprint

Manufacturer of the penis expander system PeniMaster®PRO and publisher of this manual and these instructions for use

MSP Concept GmbH & Co. KG
Emser Str. 39d
D-10719 Berlin
Germany

Telephone: +49 (0)30/23 63 85 65
Fax: +49 (0)30/21 75 26 11
E-Mail: info@penimaster.de

District Court of Charlottenburg
Commercial Registry 33128
VAT ID No.: DE202064651

represented by

MSP Concept Verwaltungs GmbH
Head offices: Berlin
District Court of Charlottenburg
Commercial Registry 83666

represented by the

Managing Director
Matthias Suchy

Graphics: ab-design GmbH, Berlin